

Dublin Senior Center
7600 Amador Valley Blvd.
Dublin, CA 94568
(925) 556-4511



Annual Registration needed but
**Daily Reservations
Not Required**

Open Heart Kitchen (OHK) Senior Meal Program is funded, in part, by the Alameda County Area Agency on Aging.

March 2016 Lunch Menu

Lunch is served

Mondays, Tuesdays, Thursdays, Fridays 11:30am - 12:30pm
(Last seating at 12:15pm)

Wednesdays 11:30am - 12:15pm (Last seating at 12:00)

SUGGESTED DONATION: \$3.00

unless otherwise noted

Menu subject to change without notice.



Salad Available Daily:

lettuce	kidney beans
spinach*+	celery
bell peppers*+	olives
carrots*	cucumbers
beets	mushrooms
tomatoes*+	

Vitamin A Source * High Salt #
Vitamin C Source + Spicy @

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup of the Day: Chef's Choice	Soup of the Day: Bean	Soup of the Day: Chef's Choice	Soup of the Day: Chef's Choice	Soup of the Day: Chef's Choice
March 1	March 1	March 2	March 3	March 4
	Chicken Tetrizzini w/ Whole Grain Rice, Steamed Seasonal Vegetables, Salad*+, Ice Cream w/ Berries	Beef Stroganoff over Enriched Noodles, Sautéed Peas and Carrots, Salad*+, Fruit Cup	Dijon Chicken, Rice Pilaf, Seasonal Mixed Vegetables, Salad*+, Peaches	Butter Chick Pea Curry over Enriched Rice, Steamed Cauliflower, Salad*+, Mandarin Oranges
March 7	March 8	March 9	March 10	March 11
Shepherd's Pie (Beef), Brussel Sprouts, Corn Bread, Salad*+, Cookie	Teriyaki Pork Chops, Oven Roasted Potato Wedges, Sautéed Spinach, Salad*+, Roasted Pineapple	Thai Chicken over Enriched Rice, Snap Peas, Salad*+, Sliced Pears	Brunswick Stew (Pork and Vegetables) over Enriched Mashed Potatoes, Whole Grain Rolls, Salad*+, Assorted Cakes	Lemon Baked Fish, Baked Potatoes, Seasonal Vegetables, Salad*+, Tapioca w/ Fruit Register by today for next Thursday's St. Pat's Day Lunch on 3/17.
March 14	March 15	March 16	March 17	March 18
Chicken Tikka Masala over Enriched Rice, Cucumber Salad, Salad*+, Lemon Pudding	Beef Tips and Gravy over Enriched Pasta, Seasonal Mixed Vegetables, Salad*+, Applesauce	Chicken Divan w/ Enriched Noodles, Roasted Spring Vegetables, Salad*+, Melon Cup	# St Patrick's Day Meal Corned Beef and Cabbage, Boiled Potatoes, Coined Carrots, Irish Soda Bread, Salad*+, Green Jell-O w/ Fruit Reserve meal by Friday, March 11.	Salmon Burgers, Sweet Potatoes Fries, Seasonal Vegetables, Salad*+, Fruit Cup
March 21	March 22	March 23	March 24	March 25
Waikiki Meatballs (Beef) w/ Mashed Potatoes, Roasted Seasonal Vegetables, Salad*+, Pudding w/ Fruit	Garlic and Oregano Chicken, Potatoes, Steamed Vegetables, Salad*+, Fresh Fruit	Ginger Orange Beef over Brown Rice, Roasted Carrots, Salad*+, Pears	Baked Parmesan Chicken, Rice Pilaf, Sautéed Spinach & Garlic, Salad*+, Tropical Fruit Cup 🎵 Join us for Name that Song at 12:15pm 🎵	Breaded Fish, Mashed Sweet Potatoes, Steamed Green Beans, Salad*+, Vanilla Pudding w/ Cookie Crumbles
March 28	March 29	March 30	March 31	
#Oven Baked Spiral Ham , Steamed Green Beans, Cheesy Potatoes, Salad*+, Berry Cobbler W/ Whipped Cream	Meatloaf (Ground Beef) , Baked Potatoes, Roasted Brussel Sprouts, Salad*+, Tropical Fruit	Balsamic Chicken Thighs, Sweet Potatoes, Seasonal Vegetables, Salad*+, Fruit Cup	Turkey Lasagna, Whole Grain Garlic Bread, Seasonal Vegetables, Salad*+, Baked Apples w/ Cinnamon	